4-H ENROLLMENT IS OPEN OCTOBER 1!

4-H members need to enroll in 4-H Online for the 2022-2023 program year! Cloverbuds, new members, renewing members and volunteers need to enroll. The Post Rock District priority enrollment period is October 1 - November 15. You will pay your annual participation fee directly to the Kansas State 4-H Office. Please check with your club leader to see if your fee is sponsored locally. Contact a Post Rock District Office if you have any questions or to schedule an appointment to complete enrollment at your local office. For more information go to www.postrock.k-state.edu/4-h/enroll.

Create a 4-H Online Account

1. If you or your family have never used 4-H Online, begin by creating an account.
2. Go to http://v2.4honline.com.
3. Click “Don’t have an account?”
4. Select Kansas from the drop-down menu.
5. Select Kansas 4-H Youth Development as your Institution.
6. Choose your 4-H county.
7. Complete the information.
8. Create a password.
9. Click [Create Account].
10. Enter your Family’s address information.
11. Click [Verify].

Log in to Your Existing 4-H Online Account

1. If you are a current 4-H member and have had an account in 4-H Online, log in to the updated 2.0 system at http://v2.4honline.com.
2. Enter your email address and password.
3. If you forgot your password, complete the “Reset password?” process.
4. Click [Sign In].
5. Continue to Youth Member and Cloverbud Enrollment.

For more information, reference the Family Enrollment Guide at www.kansas4-h.org/resources/4-h-online/
POST ROCK DISTRICT 4-H CELEBRATES

2022 NATIONAL 4-H WEEK

OCTOBER 2 - 8

SUNDAY - SHARE YOUR SPARK SUNDAY
Share your 4-H story.

MONDAY - MEMORY MONDAY
Show your favorite 4-H memory.

TUESDAY - GO GREEN FOR 4-H
Show your 4-H Spirit with your favorite 4-H t-shirt or 4-H gear.

WEDNESDAY - WHAT NEW PROJECT WEDNESDAY
What new project are you taking this year?

THURSDAY - TIME MACHINE THURSDAY
Show a picture of your younger 4-H self.

FRIDAY - 4-H FAMILY
Post a picture of your 4-H family.

SATURDAY - SERVE YOUR COMMUNITY
Show us how you serve your community through 4-H.

SHARE ABOUT 4-H THIS FALL!

The fall is a great time for your club to share the many opportunities 4-H offers. Give announcements during school. Decorate windows downtown. Display projects in a business or library. Wear your favorite 4-H shirt. Invite a friend to a club activity. Ride a float in a parade. There are many great ways to share your club’s exciting and impactful work while encouraging new members to join!

48 HOURS OF 4-H - INSPIRE KIDS TO DO

4-H members have long been known for their involvement in community service. 48 Hours of 4-H allows us to focus on one weekend of service across our state on October 8-9. It is a perfect opportunity to setup a Service Project. For more information and to register visit the 48 Hours of 4-H project website.
This year’s district-wide Officer Training will be in Lincoln! Youth and adults are welcome to learn about their important 4-H Club role and develop leadership skills. From Secretaries to Song Leaders and from Committee Members to Council Reps... this is a great opportunity to gather some ideas and gain confidence for the year. You are encouraged to attend if you are an elected officer or if you want to start preparing to serve as an officer in the future.

In addition to officer focused sessions, there will be opportunities to learn about Achievement Pins, Project Records, ZBooks, Permanent Records, Illustrated Talks, and Demonstrations.

KANSAS YOUTH LEADERSHIP FORUM
Kick off the new 4-H year at Leadership Weekend! The Kansas Youth Leadership Forum (for youth ages 14-18 before January 1, 2023) and the Kansas Volunteer Leader Forum will be held November 19-20 at Rock Springs Ranch. Post Rock District will provide a chaperone and transportation to this state event. Registration is open and ends October 24. For more information visit the Kansas Youth Leadership Forum website.

4-H HORSE PROJECT STATE UPDATES
Kansas 4-H has made changes for the 2023 4-H Horse Program. Information on the State 4-H Horse Show qualification and ownership deadlines is posted on the Kansas 4-H Horse Project website.

EQUINE & ANIMAL SCIENCE WEBINAR SERIES
Kansas 4-H is hosting a monthly webinar series focused on equine-related knowledge and skills as well as a series focused on all things animal science and livestock. Register and learn more at the Animal Science event’s webpage and the Equine event’s webpage.
BEEF AND SWINE PROJECT LEARNING
Twin Creeks Extension District hosts online learning experiences for youth interested in the beef and swine projects. The Beef Across Kansas and Swine Across Kansas series can be accessed at www.twincreeks.k-state.edu/youth-ag.

FALL DOG PROJECT MEETINGS
Kelli Burrus is leading 4-H Dog Project meetings on Sunday afternoons this fall at the Osborne County Fairgrounds. This is a great time to spend some quality time with your dog and start teaching your dog some new things. Be sure to invite friends who might be interested in joining 4-H and enrolling in the Dog Project and share this with other 4-H members who might enjoy the 4-H Dog Project. If you have any questions contact Kim Naber at kimn@ksu.edu.

DOG CONFERENCE
The Kansas 4-H Dog Conference and Quiz Bowl will be October 22-23 at Rock Springs 4-H Center. Register by October 1. It is open to all Kansas 4-H members, accompanying parents, and project leaders. The year’s theme is Doggie Olympics. Learn more at the Kansas 4-H event website.

SHUTTERBUG EVENT AT HAYS
There is a photography project experience in Hays on October 29 throughout the morning. Find all the details at the Photography Shutterbug website.

KANSAS 4-H PROJECT RESOURCES
Visit your project’s website at Kansas 4-H to connect to a wide variety of resources such as curriculum, exhibiting expectations, leader resources, and more. If you are looking for guidance or new ideas in a project area, reach out to your local office and we’ll help direct you to resources that will assist with finding your spark!
POST ROCK DISTRICT SHOOTING SPORTS
All youth 8 years old before January 1, 2023 can participate in 4-H Shooting Sports. You must also be actively enrolled in Shooting Sports via 4-H Online. In Post Rock District, there is a Shooting Sports project participation fee of $10.00, due to your 4-H Council before you can attend any activity. You can only enroll in the disciplines supported by Post Rock District. Tonia Underwood, tiunderw@ksu.edu, serves as our District’s certified Shooting Sports Coordinator. Here are the adult volunteers that are certified by Kansas 4-H.

- Archery Instructors: Tommie Berger / Stede Underwood
- Shotgun Instructors: Dean Heise / Karen Panter
- BB Gun / Air Rifle Instructor: Jeff Cady

FALL ARCHERY 4-H PROJECT MEETING
Tommie Berger will be hosting a 4-H Shooting Sports Archery project meeting each weekend in October. If you are interested in participating, contact Tommie at bergkwf@wtciweb.com or 785-524-6112. You must be at least 8 years old (4-H age) and enrolled through 4-H Online in the appropriate discipline for the 2022 -2023 4-H year. The meetings will build upon each other in learning and skill practice, so plan to attend each weekend.

CONSERVATION DISTRICT PHOTO CONTEST
This photography contest is for youth 18 and younger. Each county Conservation District can submit one photo each year. Entrants may compete in the contest conducted by the conservation district in which they reside, or in the conservation district where they physically attend school. Entrants may participate in only one district photo contest. Rules and entry form are available at www.postrock.k-state.edu/4-h/postrock-district-events.

KANSAS 4-H T-SHIRT
Did you miss getting a Kansas 4-H t-shirt during the Kansas State Fair? You can purchase until November 23 at www.companycasuals.com/4HSparkTees. Proceeds of t-shirt sales benefit the Kansas 4-H Youth Leadership Council.

OCTOBER 3 IS THE DEADLINE TO SUBMIT
ACHIEVEMENT PIN APPLICATIONS AND PROJECT RECORD REPORTS FOR
2021-2022 AWARDS & RECOGNITION ELIGIBILITY!
A NIGHT WITH K-STATE ENGINEERING

K-State engineering hosts events for high school and community college students interested in the K-State Carl R. Ice College of Engineering. Representatives will lead an interactive presentation on the following topics for students and their guests to learn more about engineering:

- Types of engineering
- Engineering careers
- Successfully transitioning to an engineering degree
- Q&A session with K-State engineering students and college leaders

Register today at engg.k-state.edu/events.

JOB OPPORTUNITIES

Office Professional
Post Rock District is taking applications for a full-time Office Professional to be located in the Lincoln, KS Office. The Office Professional provides general administrative support to the local K-State Research and Extension educational program. See www.postrock.ksu.edu/staff for position description and application procedure.

4-H Program Coordinator
Post Rock District is taking applications for a 4-H Program Coordinator. This position is full-time. The professional's home office will be in Lincoln, KS with some responsibilities across the five-county district. The 4-H Program Coordinator is expected to support and enhance the Post Rock District’s comprehensive 4-H Youth Development Program with the District 4-H Youth Development Agent and other team members. See www.postrock.ksu.edu/staff for position description and application procedure.

K-State Research and Extension is an EOE of individuals with disabilities and protected veterans. Background check required.

CLUB ANNUAL RESPONSIBILITIES

Post Rock District’s 4-H Club Leaders will soon be receiving a letter outlining the annual responsibilities for your club to complete in order to remain in good standing and have success this year. Review each task closely and reach out if you have questions. Multiple tasks are due by November 1!
Five Steps of a Motion

Most 4-H clubs have a business meeting to decide on activities, set goals, discuss ideas or plan. Those decisions are made using parliamentary procedure. Parliamentary procedure is a set of guidelines to help conduct a business meeting and give each member a voice in their club. Club minutes are an official record of motions made during the meeting. Any club expenses should be approved by voting on a motion to spend funds.

1 - Make a motion
A club member will raise her or his hand and wait for the club president to call on her or him. The member will stand and say, "I move_______________________"

2 - Second the motion
When a motion is made, the president will ask for a second. A second is when another member agrees with the motion. The second person says, "I second the motion." Or she or he might simply say, "Second."

3 - Discussion
The president restates the motion and asks the other club members for discussion. Discussion allows members to give their comments or thoughts about the motion that was made.

4 - Vote
Members vote on the motion. If they agree with the motion, the members say, "Aye." If they don't agree, or are oppose to the motion, they say, "Nay."

5 - Results
The president announces the results of the vote. If the majority of members voted, "Aye," the president says, "The motion carries." In other words, the group will do what was stated in the motion. If the majority of the members voted, "Nay," the president says, "The motion fails." The club does not follow through with the motion.

Explore the Kansas 4-H Officers Handbooks and Videos!
www.kansas4-h.org/resources/leader-resources/clubcorner/officer-resources
4-H Online Enrollment

4-H Online Enrollment website: [https://v2.4honline.com](https://v2.4honline.com).

4-H Online will be open to process enrollments on Saturday, October 1st. This is the date when everyone enrolls for the new 4-H year. All returning 4-H families be **SURE** to choose **CHECK** in the payment option. Jewell County 4-H Council will be responsible for paying this fee. All new 4-H families will pay the fee, but you will receive credit at the 4-H food stand in the summer if you are a current 4-H member. You will not be asked to pay a fee for Cloverbuds. If you have any questions, please call the extension office at 785-378-3174. Everyone should be enrolled before November 1.

Jewell County 4-H Council

Next 4-H Council meeting is Tuesday, October 18, 2022 at 7:00 p.m.

48 Hours of 4-H is October 8-9. Share a photo of your service project to Tonia at tiunderw@ksu.edu!

Family Fun Day

Jewell County 4-H Council will not be doing a Family Fun Day this year!

Congratulations to all State Fair exhibitors!

Date: Sunday November 6
Time: 2:00 p.m.
Place: Formoso Skating Rink
Bring finger foods or snacks!
Also, bring a friend that wants to join 4-H!
RIBBONS, CHECKS AND PROJECTS

Last call to pick up your ribbon premium checks from the Extension Office. State Fair projects have been returned and can be picked up during morning office hours.

4-H Enrollment Opens October 1!
The 4-H Boosters have graciously agreed to cover the enrollment cost of ALL Lincoln County youth! An email will be sent with specific instructions on how to enroll with the coupon as soon as the office has that information. If you enroll before the code is available, leave the payment section blank and the coupon can be entered by office staff. Please call the office if you need assistance to enroll.

4-H COUNCIL OFFICERS

4-H Council officers were elected at the Council Meeting on September 26. The elected officers are:

- President - Tyra Meyer
- Vice President - Dylan Rosebrook
- Secretary - Bethany Jordan
- Treasurer - Miranda Rosebrook
- Reporter - Sydney Heller

Congratulations to all!

AGENT HIRED!

We are excited to announce Jamie Rathbun will be joining Post Rock District as a Family and Community Wellness Extension Agent! Her home office will be in Lincoln! Jamie has experience with KSRE and is familiar with 4-H. She will begin her training on October 3rd. We will let everyone know when she is available for programs. Please plan to stop in and say "Hi!"

Lincoln Office Hours

Melody will continue to keep the office open regularly from 8:00 a.m. to 12:30 p.m. during the week. She is happy to help address your needs! Please schedule an appointment in advance if you need in-person assistance outside of these hours. Our phones will continue to be answered in the afternoons, as they are forwarded when our office is unstaffed. Please note that the office will be closed all day on October 19 & 20 for staff to attend professional development training.

Important Dates!

- October 3 ... DEADLINE for Achievement Pins, Project Records, and Event Scholarships!
- November 5 ... District 4-H Officer Training (Happening in Lincoln!)
- November 12 ... Achievement Celebration (BCSH is hosting in Sylvan Grove!)
- December 28 ... Lincoln County 4-H Council meeting

CONNECT WITH US AT POSTROCK.KSU.EDU
4-H Online Enrollment

4-H Online will be open to process enrollment on Saturday, October 1st. Youth and volunteers need to reenroll or enroll for the new 4-H year. If you have questions, please call the extension office at 785-738-3597. Everyone should be enrolled before November 1st.

4-H Online Enrollment website: [https://v2.4online.com](https://v2.4online.com)

### 2022 ACHIEVEMENT CELEBRATION

**Date:** October 23  
**Time:** 5:30 p.m.  
**Place:** Beloit First United Methodist Church  
**Meal:** Pulled Pork will be provided, but please bring a side or dessert to share!  
**RSVP:** [https://bit.ly/3DYki7x](https://bit.ly/3DYki7x)

#### Mitchell County 4-H Council

Meeting is October 24 at 7:00 p.m. at the First Bank Beloit Meeting Room.

#### Mitchell County 4-H Council Fundraiser

**Bake Sale**

Wednesday November 23rd, 8:30 a.m. until all gone, at First Bank of Beloit meeting room.  
*Mark your calendar to help provide items to sell and work the event!*

### National 4-H Week

**National 4-H Week** is October 2-8.  
**Kansas 4-H Spirit Day** is October 4.  
**Show your pride and share how awesome 4-H is!**

### 48 Hours of 4-H

48 Hours of 4-H is October 8-9.  
**Share a photo of your service project to Tonia at tiunderw@ksu.edu!**

### Congratulations to all State Fair exhibitors!
NEW 4-H YEAR IS HERE!
ENROLL/RE-ENROLL IN 4-H ONLINE

4-H Online opens to re-enroll/enroll members and volunteers for the new 4-H year on **Saturday, October 1**. If re-enrolling, log in to your existing account. Enrollment and re-enrollment instructions are included in this newsletter’s email. The 4-H Online website is [https://v2.4honline.com](https://v2.4honline.com). Need assistance? Contact the Osborne Extension Office - 785-346-2521.

**2022 4-H PROGRAM FEE**
Through a generous grant provided to Osborne County 4-H by 4-H alumni Olivia Engler Burch, all program fees for new and existing members will be covered for the 2022 - 2023 4-H year. Make sure to enroll/re-enroll by **November 1, 2022**. **Be sure to select "Check" for Payment method** and 4-H Council will be sending a check to State 4-H Office.

**OSBORNE COUNTY 4-H FALL KICKOFF PARTY OCTOBER 16**
Osborne County 4-H Council will hold a Fall Party/Achievement Celebration at the Scout Cabin in Osborne at 3:00 p.m. Fun games, pumpkin decorating and good food will be on the agenda. All 4-H families are encouraged to attend!

**NATIONAL 4-H WEEK - OCTOBER 2 - 8**
Share with others your 4-H pride by participating in the Post Rock District Social Media Challenge each day. See graphic in email for daily themes. Invite a friend to come to the 4-H Fall Party and join 4-H. Wear your favorite 4-H apparel to school and work.

**FALL DOG PROJECT MEETINGS**
Check out the news article on page 4 about upcoming Fall Dog Project meetings. Hope to see you and your dog there!

**OFFICER TRAINING**
Post Rock District Officer Training will be held in Lincoln on November 5th. See page 3 of newsletter for more details.

**OCTOBER 4-H COUNCIL MEETING**
4-H Council will meet on **October 16th at 2:30 p.m.** at the Scout Cabin for a short meeting before the Fall Party.
Oct. 1 - Enrollment Opens for 2022-2023 4-H year
Oct. 2-8 - National 4-H Week
Oct. 3 - Pin Application and Record Books due to the office by 5 p.m.
Oct. 5 - Classroom presentations Smith Center
Oct. 17 - All 4-H Club financials due to the Extension Office
Oct. 23 - 4-H Council meeting, 2:30 p.m.
Oct. 30 - Grow Smith Co. 4-H -- Learning, Fun, and Games 2:30 p.m., Smith Co. Fair Grounds
Nov. 5 - Officer Training, Lincoln, KS

Important sites to help you:
ENROLL THROUGH 4-H ONLINE
https://v2.4honline.com/
KANSAS YOUTH DEVELOPMENT
https://www.kansas4-h.org/

Grow Smith Co. 4-H
COME AND JOIN US SUNDAY, OCTOBER 30TH 2:30 P.M. AT THE SMITH CO. FAIR GROUNDS -- LEARN ABOUT DIFFERENT 4-H PROJECTS, HAVE FUN WITH THE COSTUME CONTEST, PUMPKIN CARVING CONTEST, FOOD AND GAMES.

IF COLD OR BAD WEATHER AT THE SRADER CENTER

CONGRATULATIONS!
TO ALL THE STATE FAIR EXHIBITORS AND KJLS EXHIBITORS.

CONNECT WITH US AT POSTROCK.KSU.EDU
UPCOMING EVENTS

Sept. 30-Oct. 2: Kansas Junior Livestock Show, Hutchinson
October 1: 4-H Online enrollment open
October 2-8: National 4-H Week
October 2, 16, 30: Dog Project Meetings, Osborne
October 3: 4-H awards applications and record reports due
October 4: Kansas 4-H Spirit Day
October 8: Eastern Regional Leadership Forum, Rock Springs Ranch
October 8-9: 48 Hours of 4-H service weekend
October 16: Osborne County Achievement Celebration, Osborne
October 22: Central Leadership Forum, K-State Salina campus
October 22-23: Kansas 4-H Dog Conference, Rock Springs Ranch
October 23: Mitchell County Achievement Celebration, Beloit
October 30: Smith County Achievement Celebration, Smith Center
November 1: 4-H Club annual responsibilities due
November 5: Post Rock District Officer Training, Lincoln
November 5: Western Leadership Forum, Scott City
November 6: Jewell County Achievement Celebration, Formoso
November 12: Lincoln County Achievement Celebration, Sylvan Grove
November 19-20: Kansas Youth Leadership Forum, Rock Springs Ranch

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K-STATE RESEARCH AND EXTENSION IS COMMITTED TO PROVIDING EQUAL OPPORTUNITY FOR PARTICIPATION IN ALL PROGRAMS, SERVICES AND ACTIVITIES. ACCOMMODATIONS FOR PERSONS WITH DISABILITIES MAY BE REQUESTED BY CONTACTING THE EVENT CONTACT TWO WEEKS PRIOR TO THE START OF THE EVENT. CONTACT INFORMATION FOR THE POST ROCK DISTRICT IS AVAILABLE AT POSTROCK.KSU.EDU. REQUESTS RECEIVED AFTER THIS DATE WILL BE HONORED WHEN IT IS FEASIBLE TO DO SO.

KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE K-STATE RESEARCH AND EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.